

## ABSTRACT OF THE DISCLOSURE

A data carrier provides health related information regarding a patient, and facilitates compliance with HIPAA by the obscuring the association between the name of the patient and the health related information when the data carrier is to be discarded. The data carrier includes a release liner, a health information label having an upper surface and a lower surface, the label including a first area on the upper surface for indicia specifying health related information and a second area on the upper surface for indicia specifying the identity of a patient, and a pressure sensitive adhesive coating on the lower surface of the health information label, securing the health information label to the release liner. A masking label is either integral with the health information label, or the liner. By various arrangements the masking label is either removed from the health information label, thereby disassociating the patient identity and the health related information, or the masking label is secured to the health information label so as to cover and obscure the name of the patient or the information, or both.